

Hawai'i Coalition for Dads

Hawai'i Dads (Makuakāne)

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October 15, 2009—Honolulu

Men's March Against Violence

KGMB9 News Hawaii:

www.hawaiinewsnow.com/Global/story.asp?S=11324330

KHNL NBC 8 Honolulu Hawaii:

<http://www.khnl.com/global/story.asp?s=11324330#>. ~HI Dads~

Hawai'i State Commission on Fatherhood

Parent-Friendly Business Awards presented

On October 29, 2009 the Hawai'i State Commission on Fatherhood (SCF) presented—on behalf of the Hawai'i State Legislature—two Parent-Friendly Business Awards at the 2009 Children and Youth Month Luncheon at Washington Place in Honolulu. The awards were presented by SCF Commissioner Mike Dias.

The **Hawaii Community Federal Credit Union** in Hilo received a 2009 Parent-Friendly Business Award for integrating family-friendly business practices for its employees by offering flexible work hours and extended leave options so parents can attend to their children's education and activities, as well as other family obligations; providing free employee assistance programs to those experiencing personal difficulties; financially supporting educational and vocational advancement opportunities; and offering comprehensive medical insurance and income protection plans.

Pigtails and Crewcuts in Honolulu received a 2009 Parent-Friendly Business Award for its innovative family-friendly business practices, such as flexible work hours so parents can attend to their children's needs and activities, as well as other family obligations; and fostering a true workplace spirit of teamwork and mutual support.

Pigtails and Crewcuts is committed to philanthropic service in the community through caring efforts such as volunteering monthly at hospitals caring for children with terminal and serious medical conditions and pampering them with special hair-cutting and nail painting services; extending its hours to families with children with special needs on Saturday mornings before regular store hours to provide a crowd-free and less stressful environment for family members; offering free haircuts for anyone donating their hair to the Locks of Love organization that makes wigs for children suffering from cancer; and hosting in-house donation and fund-raising drives for clothing, food, and school supplies for local shelters.

The Parent-Friendly Business Awards were established by the 22nd Hawai'i State Legislature in 2003 to recognize businesses with family-friendly policies. The Legislature assigned the Hawai'i State Commission on Fatherhood to implement this award to recognize and support businesses that have made a positive difference for the quality of their employees' family life and its community. ~HI Dads~

How Parents Can Help**5 Steps To Raising Optimistic Children**

Why should you want your child to be an optimist? Because, as Dr. Martin Seligman explains: “Pessimism (the opposite of optimism) is an entrenched habit of mind that has sweeping and disastrous consequences: depressed mood, resignation, underachievement and even unexpectedly poor physical health.”

Children with optimistic thinking skills are better able to interpret failure, have a stronger sense of personal mastery and are better able to bounce back when things go wrong in their lives.

Because parents are a major contributor to the thinking styles of their children’s developing minds, it is important to adhere to the following five steps to ensure healthy mental habits in your children.

Step 1: Learn to think optimistically yourself. What children see and hear indirectly from you as you lead your life and interact with others influences them much more than what you try to ‘teach’ them.

You can model optimism for your child by incorporating optimistic mental skills into your own way of thinking. This is not easy and does not occur over night. But with practice, almost everyone can learn to think differently about life’s events—even parents!

Step 2: Teach your child that there is a connection between how they think and how they feel. You can do this most easily by saying aloud how your own thoughts about adversity create negative feelings in you.

For example, if you are driving your child to school and a driver cuts you off, verbalize the link between your thoughts and feelings by saying something like “I wonder why I’m feeling so angry; I guess I was saying to myself: ‘Now I’m going to be late because the guy in front of me is going so darn slow. If he is going to drive like that he shouldn’t drive during rush hour. How rude.’”

Step 3: Create a game called ‘thought catching.’ This helps your child learn to identify the thoughts that flit across his or her mind at the times they feel worst. These thoughts, although barely noticeable, greatly affect mood and behavior.

For instance, if your child received a poor grade, ask: “When you got your grade, what did you say to yourself?”

Step 4: Teach your child how to evaluate automatic thoughts. This means acknowledging that the things you say to yourself are not necessarily accurate.

For instance, after receiving the poor grade your child may be telling himself he is a failure, he is not as smart as other kids; he will never be able to succeed in school, etc. Many of these self-statements may not be accurate, but they are ‘automatic’ in that situation.

Step 5: Instruct your child on how to generate more accurate explanations (to themselves) when bad things happen and use them to challenge your child’s automatic but inaccurate thoughts. Part of this process involves looking for evidence to the contrary (good grades in the past, success in other life areas, etc).

Another skill to teach your child to help him or her think optimistically is to ‘decatastrophize’ the situation—that is—help your child see that the bad event may not be as bad or will not have the adverse consequences imagined. Few things in life are as devastating as we fear, yet we blow them up in our minds.

Parents can influence the thinking styles of their children by modeling the principals of optimistic thinking.

Excerpted from article by Dr Tony Fiore (www.better-behavior.com/5steps.html). ~HI Dads~



**Become a “Fan” of the
Hawai’i Coalition for Dads at:**

www.facebook.com/pages/Honolulu-HI/Hawaii-Coalition-for-Dads/150152294018. ~HI Dads~

Dads' Top 10 List for Sons & Daughters

Maxim magazine recently published a list of ten things every father should teach his son. Not surprisingly, they didn't quite get it right.

Here's a top ten list of things for fathers to teach their son and daughter (adapted from a National Fatherhood Initiative "Top 10" list).

1. **Work hard, even when no one is watching.** The definition of integrity is doing the right thing, even when no one is watching.
2. **Honesty actually *is* the best policy.** Teach your children the value of honesty from an early age. **Gossip is dangerous.** Girls are known to gossip—but boys do too. Deal with this inclination early on and talk to your children about how destructive gossip can be. And, make sure you and mom aren't gossiping, either.
3. **Sons: Have a good handshake.** Inspire confidence in your son. Encourage him to look people in the eye when he talks to them and to approach every situation with confidence (not pride, but confidence).
Daughters: Don't be afraid to walk into a room alone. This is all about inspiring confidence in your daughter. Teach her to have a firm handshake, look people in the eye when she talks to them, and to be able to be confident, even if she's not surrounded by her three best friends.
4. **Sons: Always treat women with respect.** This is an area where your son will do as you do, more so than listen to what you say. It is essential that you talk to him explicitly about what it means to respect women—starting with his mothers and sisters—and also show him in your actions and the way you treat his mother.
Daughters: Protect your heart. Encourage your daughter to proceed cautiously in dating relationships.
5. **Serve your community.** So often, the decisions we make affect many other people. Talk to your children about how their decisions and actions affect others. Find a local shelter or soup kitchen, give to a clothing drive—or let them pick how they want to serve—and serve with them. It is never too early to start volunteering together.
Sons: Don't be afraid of or ignore emotions. Too often, it still seems that manhood today is associated with "strong and silent." However, your son will be happier and healthier if he learns to acknowledge his emotions, express them, and work through them. Encourage your son to talk to you about how he feels about certain situations. It would probably be good for your emotions, too!
Daughters: Modesty isn't an old fashioned ideal. You can be modest and still be trendy. Emphasize that there is nothing wrong with "leaving something to the imagination." **Focus on the beauty on the inside.** Our culture puts so much focus on outer beauty and it is difficult for girls to develop positive body images. Affirm your daughter's beauty—inside and out—and encourage her to focus on true beauty: inner beauty.
7. **Be able to cook and clean for yourself.** Your children will probably live on their own for at least a few years. Don't let them depend on their parents for everything—make sure they see dad & mom sharing household tasks. Even if their culinary skills often feature scrambled eggs, it is important that they learn to take care of themselves. When they're old enough, children can learn to plan and cook one or two nights a week, too.
8. **Sons: Be smart about the risks you take.** Boys tend to be natural risk-takers, which can be good, but these tendencies also need to be guided. Encourage adventure while teaching your son to think through his decisions.
Daughters: Don't be afraid to take risks. Encourage your daughter to pursue her dreams and take (reasonable) risks to advance her learning, her career, and provide enriching learning experiences.
9. **Sons: Know your weaknesses.** Today's culture is filled with temptations and distractions—particularly for young men. Talk to your son about the importance of knowing yourself well enough to know your weaknesses—and how to avoid and walk away from risky situations.
10. **Don't take your blessings for granted.** Remind your children how fortunate they are. It's easy to lose sight of our blessings, and it is a good reminder for all of us.

Yes, things overlap—some things that you teach your son, you should also teach your daughter—and vice versa. The better you know your kids' personalities, the better you'll know what they need to learn and how they need to grow.

Adapted from NFI Dad E-mail, 11.4.09 (www.fatherhood.org/dademail.asp). ~HI Dads~

Fathers Gain Respect From Experts (and Mothers)

“As much as **mothers** want their partners to be involved with their children, experts say they **often unintentionally discourage men from doing so** [emphasis added—*HI Dads*]. Because mothering is their realm, some women micromanage fathers and expect them to do things their way, said Marsha Kline Pruett, a professor at the Smith College School for Social Work at Smith College and a co-author of the new book “Partnership Parenting,” with her husband, the child psychiatrist Dr. Kyle Pruett...”

“Yet a **mother’s support of the father turns out to be a critical factor in his involvement with their children**, experts say—even when a couple is divorced.

“‘In the last 20 years, everyone’s been talking about how important it is for fathers to be involved,’ said Sara S. McLanahan, a professor of sociology and public affairs at Princeton. ‘But now the idea is that the better the couple gets along, the better it is for the child.’

“Her research...found that when couples scored high on positive relationship traits like willingness to compromise, expressing affection or love for their partner, encouraging or helping partners to do things that were important to them, and having an absence of insults and criticism, the father was significantly more likely to be engaged with his children.

“Uninvolved fathers have long been accused of lacking motivation. But research shows that many societal obstacles conspire against them. Even as more fathers are changing diapers, dropping the children off at school and coaching soccer, they are often pushed aside in ways large and small.

“‘**The walls in family resource centers are pink**, there are **women’s magazines** in the waiting room, the **mother’s name is on the files**, and the **home visitor asks for the mother** if the father answers the door,’ said Philip A. Cowan, an emeritus professor of psychology at the University of California, Berkeley, who along with his wife, Carolyn Pape Cowan, has conducted decades of research on families. ‘**It’s like fathers are not there.**’

“In recent years, several fathers’ rights organizations have offered father-only parenting programs and groups, and studies have shown that these help men become more responsive and engaged with their children.

“But a new randomized, controlled study conducted by the Pruettts and the Cowans found that the **families did even better if mothers were brought into the picture....**”

“In both...[research] groups...the fathers not only spent more time with their children than the controls did but were also more active in the daily tasks of child-rearing. They became more emotionally involved with their children, and the children were much less aggressive, hyperactive, depressed or socially withdrawn than children of fathers in the control group.

“But notably, the families in the couples group did best. They had less parental stress and more marital happiness than the other parents studied, suggesting that the critical difference was not greater involvement by the fathers in child-rearing but greater emotional support between couples.

“‘The study emphasizes the importance of couples’ figuring parenting out together and accepting the different ways of parenting,’ Dr. Kline Pruett said.

“Fathers tend to do things differently, Dr. Kyle Pruett said, but not in ways that are worse for the children. **Fathers do not mother, they father.**

“Dr. Kyle Pruett added: ‘**Dads tend to discipline differently, use humor more and use play differently.** Fathers want to show kids what’s going on outside their mother’s arms, to get their kids ready for the outside world.’ To that end, he said, they tend to encourage risk-taking and problem-solving....”



Excerpted from: “Fathers Gain Respect From Experts (and Mothers),” *The New York Times*, 11/2/09 (www.nytimes.com/2009/11/03/health/03dads.html?_r=2). ~*HI Dads*~



Whoops...where'd the ball go?

Hugs at a Philadelphia Phillies baseball game

Did you see the funny and heartwarming replay of the father and daughter at a Philadelphia baseball game this summer: Dad Steve Monforto made a great catch on a foul ball—a dream he has had since he started going to Phillies games at three years old.

Steve celebrated with the fans around him, handed the ball to his 3-year-old daughter Emily, and then... Emily...*threw the ball over the upper-deck railing!*

How did Steve react? Here's what he said about it: www.youtube.com/watch?v=sJmOeOkmKbA. ~HI Dads~

Home Depot

First Saturday Kids Workshops

Home Depot's First Saturday Kids Workshops are free, how-to clinics designed for children ages 5-12, available on the first Saturday of each month between 9 a.m. and 12 noon at all Home Depot stores.

Children, accompanied by an adult, use their skills to create objects that can be used in and around their homes or communities. The workshops teach children do-it-yourself skills and tool safety, while at the same time helping to instill in them a sense of accomplishment and to build self-esteem. The program allows for invaluable one-on-one time between adults and children.

In addition to the newly constructed project kit, each child receives a kid-sized orange apron, similar to The Home Depot associates' aprons, and an achievement pin.

For more information contact your local Home Depot, or type "Home Depot Kids Workshop" in the search bar of your favorite internet search engine. ~HI Dads~



Join KANU DADS: www.kanuhawaii.org/group/?id=12266974853243.

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

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Please make your check payable to: **Hawai'i Coalition for Dads/PACT** Phone: 841-2245

...and send it to: 1485 Linapuni St. #105; Honolulu, Hawai'i 96819

E-mail: HawaiiDads@pacthawaii.org

Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

c/o PACT / Hana Like

1485 Linapuni St. #105; Honolulu, Hawai'i 96819

808/841-2245; fax 842-9604

E-mail: HawaiiDads@pacthawaii.org

Internet: www.HawaiiDads.org;

www.pacthawaii.org/hcd.html

• *HCD Kaua'i*: Bernard Carvalho, 241-4419

• *HCD Molokai*: Claud Sutcliffe, 553-3844

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The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

GOALS:

1. To enhance the ability of Hawai'i's children to grow in peaceful and safe environments.
2. To increase community awareness about fatherhood.
3. To promote the availability and accessibility of quality, father-centered community resources.
4. To advocate for informed public policy regarding fatherhood.
5. To strengthen community collaboration in support of fatherhood.
6. To respect and honor everyone's unique role in children's lives.

Fatherhood & Family Resources

1. **Hilo**: YWCA of Hawaii Island (Healthy Start) (961-3877; ywcahawaiiisland.org)
2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
4. **Maui**: Fatherhood Program—Maui Family Support Services (242-0900; mfss.org); Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; meo.org)
5. **Molokai**: Mediation Center of Molokai (553-3844)
6. **Oahu (and statewide)**: Hawai'i State Commission on Fatherhood (www.hawaii.gov/dhs/fatherhood/fatherhood)
7. TIFFE (Nurturing Fathers; Playgroups) (596-8433; www.tiffe.org)
8. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; www.pacthawaii.org)
9. Navy Fleet & Family Support Center (Boot Camp For New Dads) (474-1999; www.greatlifehawaii.com)
10. PARENTS (235-0488); 11. Kathy's Parenting Solutions (352-3303; kathysparentingsolutions.com)
12. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
13. The Parent Line (Info & Referral) (526-1222; www.theparentline.org)
14. AUW – 211 (auw.org/211)
15. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
16. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; familysupport.k12.hi.us)
17. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
18. Big Brothers Big Sisters (support for single Dads, and Moms) (521-3811; bigshonolulu.org)
19. Salvation Army Father Advocacy Services (739-4971)
20. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
21. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
22. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
23. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **ParentingTime.net** (parentingtime.net)